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**THE SIMPLE AND AFFORDABLE SOLUTION FOR CUSTOMIZED COACHING AND GREAT RESULTS!**

## **VIDEO COACHING PROGRAM FREQUENTLY ASKED QUESTIONS**

### **How does the program work?**

Video coaching does entail getting you and your horse on film! For some students, this can feel intimidating at first - however, the more you do it, the easier it gets. Please avoid putting pressure on yourself by thinking it all has to be perfect and look good. If that were the case, there would not be much for us to discuss! This is NOT an audition and I certainly am not looking for perfect. It should not be different than having me right there watching you play with your horse and giving you things to try - just film a regular play session keeping in mind the homework which is designed to set you up with a plan. The tape can be edited afterwards to cut out dead time and keep it within 10 minutes.

One of the key benefits of signing up for this program is the ability to motivate you to keep practicing and yes, there is an accountability factor. You might have found while learning on your own that you tend to get a bit lost and that your motivation wanes; it becomes too easy to just stay within your comfort zone and do the things you do well, which is fun but is not always progressive, or to find yourself just giving up because you have run out of ideas. I am here for those who really want to learn, and learning only happens when you step out of your comfort zone!

Once you have your play session on tape and you have emailed me your video submission form and link, I will respond with a suggested appointment for our coaching call, when applicable (refer to the details of your program for live coaching sessions). We will get together online (Teams, Messenger, Google) or by phone at a mutually agreed date and time.

If you don't have good Internet access or are not comfortable with online meetings, we can also set up a phone appointment.

### **Why are videos important?**

Video coaching is without any doubt one of the most powerful ways to learn and grow because you not only get the eyes of a professional to see what is happening, you get to see with your own eyes and make visible distinct changes in your communication with your horses. You will be able to see what we discuss and develop an awareness of what you are doing and not doing.

Please rest assured I will NOT share your videos with anyone else without your permission. The videos are strictly meant to be a way for me to teach you and help you advance. Please see the guidelines below for instructions on how to make sure your videos remain protected.

### **What do you want to see in the videos?**

When you first sign up, you will get an email from me outlining what I need to see to get us started with a better understanding of where you are at and what you need. Once I have had a chance to assess your skill level, I will give you a plan and homework for the next session. You are also welcome to add anything specific that you need help with on your video submission form or email.

Again, this is NOT about sending in a perfect video. This is designed as a coaching tool. Just play with your horse as you would without the camera, keeping in mind the homework I have assigned you and the timeline for keeping it to 10 minutes or less. You can string together several clips if your session is too long or you are doing it over more than one session. Watching your own video will also give you the opportunity to see the things that you may want to change and some that may surprise you; you may even see even how well you and your horse are doing.

Note: In each coaching session, we may also discuss possible subject to video for next time according to your progress.

### **Here is a sample of the email you will receive after you join the program:**

*Since you are new students, or returning students with new horses, for your first video, I will need to evaluate where you are at and where we need to focus to help you the most. So for our first session – remember, **10 mins max per video** (it can be shorter!) – Please show the following:*

- *Catching and haltering your horse*
- *Picking up all 4 feet*
- *The 7 Games on the ground*

*If you have started the Freestyle portion of your program, and you have time to fit it in the 10 minutes, if not, it can be part of your second video:*

- *Saddling*
- *Pre Flight checks*
- *Mounting*
- *Lateral Flexion*
- *Indirect Rein*
- *Direct Rein*
- *One rein backup*

*When you send in your video, please email any pressing question you may want answered during our talk, and let me know when are good times to meet online – and your time zone! I will set up appointments with each one as we go.*

### **When do I send in my video?**

Please allow at least one week between the time you send in your video submission and a response. In most cases, I will get back to you faster than that, but if I am traveling or teaching, it could take that long. You can send in your video any time during the month. Depending on the package you have chosen, you are welcome to send in one video a month, 2 videos a month or more. Please refer to your package description for details.

If you are not able to video during the month, please let me know before the end of the month and we will make an alternate plan. If I don't hear from you in the course of the month, I will assume you are forfeiting that month's coaching session(s).

Please keep in mind that at certain times of the year, I might be traveling or busy teaching a clinic in a location with limited Internet access, in which case I may not be able to reach you as readily as if I were at home. Rest assured I will continue to check my email regularly and get back to you as soon as I possibly can.

**What do I need for my coaching call?**

You will need a pen and paper to take notes, and access to the Internet if we get together online.

**Which horse should I use? Can I send in videos about more than one horse?**

Many people have more than one horse. You need pick one horse to learn with and work through the program, preferably your EASIEST one. Levels 1 to 4 are primarily about teaching the HUMAN. You will make much more progress if you practice with a Steady Eddy kind of horse. Once you have learned the skills, you will be able to transfer them to many different horses. If questions arise about your other horses, we can address them with any extra time we may have in our coaching calls.

**What if my horse goes lame or has a problem?**

At that point, of course you can continue with a different horse until your Levels horse is back on track.

**What if I want to upgrade my subscription to a higher level?**

You are welcome to upgrade at any time. Please contact me if that is the case.

**Do I need to be a specific horsemanship or Parelli level to sign up for the program?**

I have students at all levels. However, I have found that if you are just beginning with natural horsemanship and know nothing about the concepts or basics, or have not yet done any of the foundation exercises, this may not be the right format to get started. If this is the case, I would recommend obtaining joining your favorite Natural Horsemanship program to learn the basic concepts and techniques. Contact me for recommendations.

Once you understand the foundational games or exercises at a basic level, have become familiar with the tools and have started practicing them with your horse, you will be in a better position to start video coaching and you will really be able to make good progress with this teaching format.

**How do I make and share my videos?**

It's quite simple. Once you are ready to book a coaching session, put together a **10 min MAX** video on the topics we need to cover (either assigned or not). You may need to edit your video to combine short clips or remove unnecessary material, just find a way to fit it within 10 minutes. I will then do my best to review and schedule a meeting on a timely basis.

Get a friend or family member to film you while you play with your horse, or if no one is available, set your camera on a tripod in such a way that I can see you and your horse the whole time. You can also use your phone, just make sure the field is wide enough so I can see you and your horse at all times, and you are not too far away. Pick a location and day with good lighting conditions.

You are welcome to film as many clips as you want, to **a maximum length of 10 minutes each PER SUBMISSION OR COACHING SESSION**. Shorter is fine. I can usually tell what you need to improve within minutes, so sending in 30 minutes of video is really not necessary.

Please avoid sending me a bunch emails with very short clips in a very short time span; that is just the same as sending in long videos. I have a large volume of email to manage and there is

a risk that my server will bounce the emails if it gets overloaded. If you have more than one video clip to share, just combine them or list all the links in one submission email.

One of the things we need to learn as horsemen is to be efficient, to have a plan and to focus on the important things for our horses. It starts with our own ability to discipline ourselves and get organized, and learning to getting more done with less!

The best way to send in your video is to upload it to [YouTube](#). If the files are too slow to upload on your Internet connection, you can reduce their size by splitting them into smaller files. I recommend using a YouTube channel. You can find out how to set up a YouTube channel by going to the Help section of YouTube and typing «create a youtube channel» in the Search field. When you upload your video to YouTube, please make sure it is marked as either **PUBLIC or UNLISTED**. If you set it to PRIVATE, I will not be able to see it. Unlisted videos can only be watched by people who have the link.

You can then copy and paste the link provided by YouTube in your email so I can test it and make sure I am able to watch it.

### **Sending in your videos**

You can submit your video in an email. Please **put a subject line in your email that clearly states you are submitting a video, name and the date**. For example: *Video Coaching GBenoit 2 Dec 2012 7 Games*. Subject lines like *Hello!* or *Clip*, or *left blank* will most likely end up in Spam and I will miss them. I get A LOT of email, so I do scan it but it's easy to miss something that is not clearly identified. I would recommend naming your PDF submission form the same way.

The **video submission form** (found on my web site under Resources/Documents) must accompany all submissions; it really helps me track what everyone is doing. If you have any specific questions you need me to address in our session, you are welcome to put them in the email so I can be prepared to answer. It also helps if you specify in your email the best days and times to connect with you online.

### **Filming Tips**

- Use a tripod when filming.
- Once you have set up your camera and tripod, look through the lens and work out how much the camera can see from the tripod.
- If you are videoing yourself, mark the area in range of the camera with cones or markers so you know where you have to be to get on tape without leaving camera visual range.
- Double check once the markers are set up. Can see the markers through the camera?
- Push record and start playing with your horse. It does not have to be exactly 10 minutes long. You may just continue to play and edit the tape later or move to another area to cover a different subject.

### **Do I need to be a Parelli Member before I become a video coaching student?**

Not necessarily, you can be a member of any NH program that aligns with you. My Natural Horsemanship foundation is Parelli, but good horsemanship is still good horsemanship! I do recommend following ONE program to get the most out of your education and avoid confusion.

**I did not send in my videos and my subscription is coming to an end – can I get a refund?**

Video coaching program fees are non refundable and non transferable. If you are experiencing exceptional circumstances out of your control, please contact me to make alternate arrangements. If I have not heard from you during your subscription period, I will assume you are forfeiting your program (hopefully that won't happen!).

You are ultimately responsible for your own learning and progress, I am here to support you, but I cannot do it for you!

Please contact me at [info@vifargent.com](mailto:info@vifargent.com) if you have any other questions! I look forward to helping you on your journey to becoming a better horse(wo)man!